COVID-19 Clinical Provider Resources

Idaho-Specific Resources

- Idaho Department of Health and Welfare Public Health District Information — A list of contact information for all of Idaho’s public health districts.
- Order PPE through the Idaho Office of Emergency Management; Online PPE ordering
- Idaho Medical Association — Coronavirus resources for physicians
- COVID-19 in Idaho — Idaho official resource for the novel Coronavirus
- Idaho Board of Pharmacy FAQ for COVID-19 Declaration of Emergency — An ongoing FAQ list collated by the Idaho Board of Pharmacy
- Idaho State Board of Medicine Proclamation — A proclamation stating that the Idaho Board of Medicine will issue temporary licenses to retired and inactive physicians, physician assistants, and respiratory therapists who have actively practiced within the last 5 years and have held a license to practice in good standing from Idaho or another state at the time of retirement
- Guidance for Residential Assisted Living Facilities — Guidance from the Idaho Department of Health and Welfare
- Letter to Long-Term Care Facilities Regarding Clusters of Respiratory Illness — Guidance from the Idaho Department of Health and Welfare on reducing risk of respiratory illness clusters
- Idaho State Board of Pharmacy Temporary Rule 704 — Medication limits to address the issue of stockpiling chloroquine or hydroxychloroquine
- Idaho Physician Orders for Scope of Treatment (POST) — This form is designed for persons with advanced chronic, progressive and/or end-stage illness
  - Idaho’s Repository of POST Forms
- Guidelines for Opening Up Idaho — Criteria that must be met before Idaho advances to the next stage of reopening
- COVID-19 Medicaid Updates — Idaho Medicaid issues Information Releases (IR) to providers to update them on policy, billing, and/or processing changes. They are listed numerically with the newest at the top
  - If you have Medicaid questions, reach out to Medicaid Director, Magni Hamso, at magni.hamso@dhw.idaho.gov
- Twin Falls Manor — Specialized assisted living care for those impacted by COVID-19
- North Idaho Palliative Care Coalition — Advance directives information from the Northwest Hospital Alliance
- St. Luke’s McCall Car Clinic Protocols — Information from Dr. Patrick Kinney on St. Luke’s McCall car clinic protocols
- Frontline Worker Services — Coronavirus counseling assistance for frontline workers
  - Shareable flyer (English)
  - Shareable flyer (Spanish)
- COVID-19 Test (At-Home Kit) — A nasal swab test kit from Pixel by LabCorp
• **LabCorp at Home** – A digital service aimed at helping doctors protect patients by testing them for COVID-19 before surgeries and other important treatments.

• **COVID Help Now** – Crisis counseling
  - Flyer

• **COVID-19 Behavioral Health Information** - Throughout the COVID-19 public health emergency, the Division of Behavioral Health (DBH) will provide additional guidance and resources for behavioral health providers, patients, and families.

• **Get Immunized, Idaho** – A team of parents, community members, and experts who are committed to sharing the facts on immunization

• **Idaho’s Immunization Reminder Information system (IRIS)** – A secure, statewide immunization information system which will track, forecast, and help remind patients when immunizations are needed

**Family Medicine Residency of Idaho (FMRI)**

• **COVID Protocol**
• **Family Medicine Residency of Idaho COVID Attestation Form**
• **Common Employee Questions Regarding Exposure**
• **Employee Testing Procedure**
• **Employees with Acute Respiratory Symptoms FAQ**
• **Management of Healthcare Personnel with Potential Exposure to COVID-19**
• **Workflow for Front of Clinic Triage**

**Volunteer Opportunities**

• **SURGE Volunteer Sheet** – A volunteer sheet for health professionals interested in volunteering with St. Alphonsus
• **St. Luke’s COVID-19 Response Intake** – A volunteer form for St. Luke’s
• **Find My Medical Reserve Corps** – Idaho is divided into 7 Medical Reserve Corps Units (MRC). Use this website to find the appropriate Medical Reserve Corps volunteer registry for your area
  - Contact information for the MRC coordinator in your district.

**Clinical Trials and Vaccine Information**

• **ClinicalTrials.gov** - COVID-19 registered trials can be found here
  - The trial mentioned in the NIH article on hydroxychloroquine is identifier NCT04332991

• **Post-exposure Prophylaxis or Preemptive Treatment for Coronavirus** - The University of Minnesota is conducting a research study to determine if taking a medication called hydroxychloroquine can help in preventing or treating COVID-19 disease

• **Ongoing Remdesivir Studies**
  - Gilead study in patients with moderate disease: NCT04292730
  - Gilead study in patients with severe disease: NCT04292899
  - NIAID study: NCT04280705
- INSERM study: 2020-000936-23
- China study in patients with mild/moderate disease: NCT04252664
- China study in patients with severe disease: NCT04257656

- **Famotidine study**
- **Draft Landscape of COVID-19 Candidate Vaccines** – This has been prepared by the World Health Organization for information purposes only concerning COVID-19
- **Bio.org** – Biotechnology and biopharmaceutical companies are responding to COVID-19 with vaccines and anti-viral medications
- **Tocilizumab and Mechanically Ventilated Patients** – A summary of a study looking at tocilizumab for treatment of mechanically ventilated patients with COVID-19
- **Safety and Efficacy of Tocilizumab Use** – A summary of a safety looking at the safety and efficacy of anti-IL6-receptor tocilizumab use in severe and critical patients affected by coronavirus
- **Best Practices for Vaccination Clinics Held at Satellite, Temporary, or Off-Site Locations** – Helps to follow CDC guidelines for vaccine shipment, transport, storage, handling, preparation, administration, and documentation
- **Get Immunized, Idaho** – A team of parents, community members, and experts who are committed to sharing the facts on immunization
- **Idaho’s Immunization Reminder Information system (IRIS)** – A secure, statewide immunization information system which will track, forecast, and help remind patients when immunizations are needed

**Calculators and Evaluators**

- **Evaluating and Testing Persons for COVID-19** – CDC criteria to guide evaluation and laboratory testing for COVID-19
- **PSI/PORT Score** – Pneumonia Severity Index for community-acquired pneumonia

**Websites**

- **American Medical Association** – AMA resource center for physicians
- **Centers for Disease Control** – Information for health care providers and the community
  - Specific to PPE (respirators and masks): https://www.cdc.gov/niosh/docs/96-101/default.html
- **World Health Organization** – Coronavirus disease outbreak information
- **Virginia Commonwealth University** – General COVID-19 updates from VCU Health
- **Johns Hopkins University** – Up-to-date statistics from JHU
- **Center for Infectious Disease Research and Policy** – Information for public health experts, business preparedness leaders, government officials, and the public
- **American Society of Health-System Pharmacists** – COVID-19 resources for pharmacists
- **Assessment of Evidence for COVID-19 Related Treatments** - ASHP provides this evidence table to help practitioners better understand current approaches related to treatment and care
- **American College of Occupational and Environmental Medicine** – COVID-19 resource center
Articles

- **SARS-CoV02: What Do We Know So Far?** – An article by Dr. Pratik Hemant Khedkar and Professor Andreas Patzak
- **COVID-19 in a Paucisymptomatic Patient** – An article on the epidemiological and clinical challenge in settings with limited community transmission (Italy, February 2020)
- **LitCOVID** – A curated literature hub for tracking up-to-date scientific information about the novel Coronavirus
- **Clinical Management of Severe Acute Respiratory Infection (SARI) when COVID-19 Disease is Suspected** – Interim guidance from the World Health Organization
- **Factors Associated with Mental Health Outcomes Among Health Care Workers Exposed to Coronavirus Disease 2019** – An article discussing health care workers’ potential psychological stress if they have been exposed to COVID-19
- **International Pulmonologist’s Consensus on COVID-19** – An article discussing mode of transmission, epidemiology, clinical features, diagnostic modalities, treatment, prevention, and frequently asked questions

Recommendations, Checklists, Toolkits, and Handbooks

- **COVID-19 Preparedness Checklist for Nursing Homes** - This checklist from the CDC should be used as one tool in developing a comprehensive COVID-19 response plan
- **Communications Triage Kit** – A coronavirus communications triage kit from The Communications Network
- **Handbook of COVID-19 Prevention and Treatment** – from the First Affiliated Hospital, Zhejiang University School of Medicine
- **ICU Preparedness Checklist** – from the Society of Critical Care Medicine
- **Household Checklist** – A family planning checklist from the CDC
- **Being Prepared in the Time of COVID** - Three important things each of us can do, right now, to be prepared
- **Discontinuation of Home Isolation** – Recommendations from the CDC
- **Discontinuation of Hospital Precautions** – Recommendations from the CDC
- **Symptom Checker** – A COVID-19 symptom checker from the Mayo Clinic
- **Running Essential Errands** – Recommendations from the CDC
- **Shopping for Food during the COVID-19 Pandemic** – Information for consumers from the FDA
- **Management of Severe COVID-19** – Information from Dr. Justin Glass, MD, Program Director with Family Medicine Residency of Idaho – Boise
- **Venous Thromboembolism** – Scientific and Standardization Committee Communication: Clinical Guidance on the Diagnosis, Prevention and Treatment of Venous Thromboembolism in Hospitalized Patients with COVID-19
- **Infection Prevention and Control Recommendations** – Interim recommendations from the CDC for healthcare personnel during the COVID-19 pandemic
• **CDC Guidelines for Universal PPE** – CDC guidelines have recently been updated for universal PPE for all healthcare workers in patient facing roles in areas with moderate to substantial community transmission
• **Child Behavior Checklist (CBCL)** – Used to detect behavioral and emotional problems in children and adolescents
• **The Screen for Child Anxiety Related Disorders (SCARED)** – Screen for signs of anxiety disorders in children
• **The Children’s Manifest Anxiety Scale (CMAS)** – Evaluate the nature and degree of anxiety in children and adolescents
• **Children’s Global Assessment Scale (CGAS)** – Provides a global measure of level of functioning in children and adolescents
• **Rating Scales** – Scales and questionnaires reviewed at the Primary Pediatric Psychopharmacology Mini-Fellowship at The REACH Institute
• **School Refusal Assessment Scale-Revised (Parent and Child Versions)** – Asses the function of school refusal behavior
• **School Decision-Making Tool for Parents, Caregivers, and Guardians** – Weigh the risks and benefits of available educational options to help make decisions about sending children back to school
• **Back to School Planning: Checklists to Guide Parents, Guardians, and Caregivers** – Help plan and prepare for the upcoming school year

**Palliative and End-of-Life Care**

• **Prepare for Your Care** – A step-by-step program with video stories to help you have a voice in your medical care
• **The Conversation Project** – Dedicated to helping people talk about their wishes for end-of-life care
• **Center to Advance Palliative Care Response Resources** – CAPC provides free resources on resilience, communication scripts, palliative care team tools, and more
• **Proactive COVID-Specific Advance Care Planning Discussions** – A guide for leading an advance care planning discussion for a patient who is at high risk of a poor outcome in the setting of COVID
• **Vital Talk** – A playbook providing practical advice on how to talk about some difficult topics related to COVID-19
• **Person-Centered Guidelines for Preserving Family Presence in Challenging Times** – These guidelines for preserving family presence were co-developed by an international, multi-stakeholder “pop-up” coalition including patient, resident, family and elder advocates, experts in quality, safety and infection control, clinicians, policymakers, and healthcare executives from a variety of care settings.

**Videos**

• **Patient Intubation** – An instructional patient intubation video by Dr. Benjamin Cornett
• **Prone Breathing Exercises** – Dr. Sarfaraz Munshi demonstrates breathing techniques to help coronavirus patients with respiratory symptoms  
• **The Last Will and Testament of the Orphelines** – A poem by Heather Altfeld as read by Dr. Meg Dunay

### CME Opportunities

• **Novel Coronavirus Education Resources** – A list of accredited continuing education activities and additional resources that can help providers respond to COVID-19  
• **Mayo Clinic Talks COVID-19** – A mini-series podcast put on by Mayo Clinic  
• **University of Washington Tele-Antimicrobial Stewardship Program** – Resources and CME opportunities through the University of Washington  
• **MD+ Calc** – Free CMEs as a thank you for being on the front lines  
• **National Nursing Home Safety Conversations** - Join this interactive mini-series to learn nursing home best practices during the COVID-19 pandemic

### Masks

• **Strategies to Optimize the Supply of PPE and Equipment** - CDC’s optimization strategies for PPE offer options for use when PPE supplies are stressed, running low, or absent  
• **Masks Reduce Exposure to Respiratory Infections Among the General Population** – An article that finds any type of general mask use is likely to decrease viral exposure and infection risk on a population level, in spite of imperfect fit and imperfect adherence, personal respirators providing most protection  
• **Testing the Efficacy of Homemade Masks** – An article that finds that a homemade mask should only be considered as a last resort to prevent droplet transmission from infected individuals, but it would be better than no protection  
• **Q&A: Masks and COVID-19** – FAQ from the World Health Organization  
• **Effectiveness of Cloth Masks for Protection Against Severe Acute Respiratory Syndrome Coronavirus 2** – A study shared in the Emerging Infectious Diseases Journal

### Provider Self-Care

• **Self-Care for Helpers** – A Behavioral Health ECHO session on self-care for helpers presented by Jeremy Stockett, LCSW, on March 20, 2019  
• **Coping for Health Care Workers during COVID-19** – A slide deck from Jennifer Dougall, PhD, with Northeast Ohio Medical University  
• **Resources to Support the Health and Well-Being of Clinicians during the COVID-19 Outbreak** – Resources from the National Academy of Medicine  
• **Emergency Responders: Tips for Taking Care of Yourself** – Information from the CDC
• Understanding Compassion Fatigue – This fact sheet explains the causes and signs of compassion fatigue, offers self-care tips for coping, and discusses compassion satisfaction
• Preventing and Managing Stress – This fact sheet provides tips to help disaster response workers prevent and manage stress while on assignment
• Humor and Resilience – Information on using humor to build resilience from Dr. Abhilash Desai
• FACE COVID - A set of practical steps for responding effectively to the Corona crisis, using the principles of acceptance and commitment therapy (ACT)
• National Academy of Medicine – Strategies to support the health and well-being of clinicians during the COVID-19 outbreak
• Coronavirus Anxiety Workbook – A tool to help build resilience during difficult times
• COVID-19 Tips Part 1 (for patients) and Part 2 (for providers) – Tips for coping with the COVID-19 pandemic by Amy Walters, PhD at St. Luke’s Humphrey’s Diabetes Center
• Kindness Poem – A poem by Naomi Shihab Nye
• Frontline Worker Services – Coronavirus counseling assistance for frontline workers
• Physician Support Line – Free and confidential; no appointment necessary
• COVID Help Now – Crisis counseling

Apps for Self-Care

• Headspace – Headspace, a guided meditation app, is offering all US healthcare professionals who work in public health settings free access to Headspace Plus through 2020
• Moodgym – Similar to an interactive self-help book which helps to learn and practice skills to prevent and manage symptoms of depression and anxiety
• Insight Timer – A large, free library of guided meditations
• Sanvello (formerly Pacifica) – On-demand help for stress, anxiety, and depression
• Calm – An app for sleep, meditation, and relaxation
• Buddhify – A meditation and mindfulness app designed to fit busy lifestyles
• Stop, Breathe, & Think – A friendly app to guide people through meditations for mindfulness and compassion

Perinatal Considerations

• pregnancycovid19.com- Information hub containing handbooks, toolkits, and additional resources for medical professionals to understand and address concerns about COVID-19 among pregnant women
• American College of Obstetricians and Gynecologists COVID-19 Information - Latest practice guidance: Advisory on Novel Coronavirus 2019 (COVID-19) including an algorithm to aid in assessment and management of pregnant patients with suspected or confirmed COVID-19
• Society for Maternal Fetal Medicine COVID-19 Guidance – Up-to-date guides and webinars containing information about caring for pregnant women for maternal-fetal medicine practitioners
• CDC on Breastfeeding - If a patient is breastfeeding and has symptoms of or confirmed COVID-19, here are steps they can take to avoid spreading the virus to their baby
• **PRIORITY** - Pregnancy CoRonavIrus Outcomes RegIsTrY (PRIORITY) is a nationwide study of pregnant or recently pregnant women who are either under investigation for Coronavirus infection (COVID-19) or have been confirmed to have COVID-19

**Pediatric Considerations**

• **Talking to Children** – Guidance for parents in talking to children about coronavirus
• **Child-Centered Play Therapy** – Information on child-centered play therapy and telehealth
• **Coronavirus Coloring Book** – A coloring book from St. Jude’s to help children understand COVID
• **My Hero is You (Spanish version)** – A storybook to teach children how they can fight COVID
• **Why Do I Have to Stay Home?** – A social narrative for children
• **The Story of the Oyster and The Butterfly** – A book to explain COVID to children
• **Resources for ASD and Intellectual Disability** – A collection for resources for children with ASD and/or intellectual disabilities
• **Resources for Pediatric Considerations** – A list of pediatric resources
• **Parent Emotion Suppression Influences Physiological Linkage and Interaction Behavior** – An article talking about how parents can influence children’s emotional responses
• **Parenting** – Articles and newsletters about parenting by the New York Times
• **Child Behavior Checklist (CBCL)** – Used to detect behavioral and emotional problems in children and adolescents
• **The Screen for Child Anxiety Related Disorders (SCARED)** – Screen for signs of anxiety disorders in children
• **The Children’s Manifest Anxiety Scale (CMAS)** – Evaluate the nature and degree of anxiety in children and adolescents
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• **Back to School Planning: Checklists to Guide Parents, Guardians, and Caregivers** – Help plan and prepare for the upcoming school year
• **Supporting Your Child’s Mental Health as They Return to School During COVID-19** – How parents can help their children navigate their feelings during school reopening